

Oxygen Therapy

Definition of Oxygen Therapy

Oxygen therapy is a medical treatment that involves providing extra oxygen to individuals who have low levels of oxygen in their blood.

Purpose

- Its purpose is to ensure that the body gets the necessary Oxygen needed by body for normal functioning

Indications

Oxygen therapy is indicated to patients with the following conditions;

Hypoxemia $\text{SPO}_2 < 94\%$ with or without the following:-

- Change of respiratory rate (low or high according to age)
- Altered pattern of respiration (e.g. laboured breathing, agonal breathing)
- Nasal flaring
- Use of accessory muscles, intercostal recession, chest indrawing
- Auscultation-added sounds and or limited air entry
- Cyanosis

Choice of Oxygen Delivery Devices by Spo2 and Flow Rate

Range	SPO2	Delivery Choice	Flow Rate
Normal	95%-100%	None	None
Mild hypoxia	91%-94%	Nasal cannula	O ₂ dose 1-6 L/min
Moderate hypoxia	86%-90%	Simple Face Mask	O ₂ dose 6-10 L/min
Severe hypoxia	<85%	Non-rebreather mask or BMV	O ₂ dose 10-15 L/min

Procedure for O₂ Therapy Administration 1/2

- Greet the patient and introduce yourself
- Inform the patient about the procedure
- Prepare trolley, put all the items and take it to patient bed side
- Position the patient in a semi-Fowler's or Fowler's position, especially for those with respiratory difficulty

Procedure for O₂ Therapy Administration 2/2

- Elevate head of the bed to help with breathing and reduce anxiety.
- Ensure the oxygen prescription (flow rate, device, and duration) is accurate.
- Wash hands and apply gloves: For infection control purposes.
- Confirm that the oxygen cylinder is full or the concentrator is functioning properly.
- Set the correct flow rate as prescribed by the healthcare provider.